

**AMENDMENTS TO THE SPECIFICATION:**

1. Please delete the first full paragraph on page 7 of the specification and replace that paragraph with the following new paragraph:

--When the training aid is in use, a player stands near the lower guideway 2 at its point of connection to support 3 and strikes the ball 7 with a racquet or the like using either forehand or backhand strokes. The starting position of the ball 7 and lines 8, 9 (and the guideway 2) are shown in full line to the left hand side of Figure 1. In that starting position, the lower guideway 2 includes slack 2' and line 9 includes slack 9', as indicated by the wavy full lines in Figure 1. The force of the strike sends the lines 8, 9 and the ball 7 along the upper and lower guideways 1, 2 towards the limiting position shown in broken line. Once the distance between the ends of the lines 8, 9 (the lower guideway 2 now being in its raised position shown in broken line) becomes taut and limiting in relation to the distance between the upper and lower guideways, the lines 8, 9 slow down, stop and are deflected back along the upper and lower guideways to return to the player who can then strike the ball again.--